



# WORKSHEET 2

## CHANGING MY ENERGY

**WHEN I AM HAVING A CHALLENGING DAY AND FEEL THAT I AM NOT IN THE RIGHT ENERGY TO PRACTISE REIKI - HOW WILL I CHANGE MY VIBRATION?**

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION: